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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

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Survey Reveals Shopping Habits ✓

Consumers who are using food stamps, as a group, buy less costly types of food than other shoppers, and do a better job of stretching their food dollars, according to a recent U.S. Department of Agriculture survey.

What do these shoppers buy? They purchase cheaper cuts of meat and less snack foods. They spend a smaller amount of their food budget on beef and veal and a higher percentage for pork and poultry products. They buy more fresh whole milk, eggs, flour and cereals. They buy less potato chips, pretzels, nuts, ice cream, yogurt and cheese. Also, among food stamp shoppers, there is less interest in bakery products.

Overall, the food stamp households spend an average of 0.6 percent of their food budget on snacks, as opposed to other shoppers who spend 1.5 percent---over twice as much.

These shopping habits were revealed in a survey of more than 10,000 households over a two week period, conducted for the U.S. Department of Agriculture's Food and Nutrition Service

by Donald A. West, associate professor of agricultural economics at Washington State University. His findings were in line with data from the 1965-66

National Food

Consumption Survey which showed low income households purchased more nutrients per food dollar than did higher income persons.



Copies of this final study, "Effects of the Food Stamp Program on Food Expenditures" will be available for the press in December, 1978, from the Editor of Food and Home Notes.

Nutritious - New - Potato

Fifty percent higher in vitamin C and almost 20 percent higher in protein than the famous Russet Burbank potato---that's the new potato variety called "Butte," developed by a U.S. Department of Agriculture research plant geneticist, Joseph J. Pavek.

Pavek says the new variety has excellent cooking qualities, is good for french fries and lasts longer on the shelf. It closely resembles the Russet Burbank--America's most popular potato variety, at least 'til now. Butte generally is adapted to the same growing areas throughout the pacific northwest. The new potato variety has already gained wide acceptance with growers, who, last year, planted 300 acres and this year planted over 3,000 acres. Butte potatoes are available to consumers now.

FOOD CLIPS

Cucumbers should have good green color which remains constant over their entire length according to marketing specialists at the U.S. Department of Agriculture. Good cucumbers typically have many small lumps on their surfaces.

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Avoid eggplants that are not uniformly dark purple, are soft, shriveled, cut, or show form of decay like irregular dark-brown spots.

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Butter-head lettuce, including the Big Boston and Bibb varieties, has a smaller head than Iceberg type. It is slightly flat on top and has soft, light-green leaves that form a rosette pattern in the center.

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Granex-Grano onions are available during the spring and summer, coming from the warmer growing areas. Most are yellow-skinned; a few are white. They are ideal for slicing and eating raw as well as good for cooking.

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Shallots are similar in appearance to leeks, but are somewhat different. Shallots are grown in clusters and have practically no swelling at the base, while leeks are larger and have a slight bulb-look and broad, flat, dark-green tops.

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ABOUT YOU 'N' ME

Martha Schoeps, food editor of the Baltimore (Md.) Sun, named to the Advisory Committee of the Dairy Council of the Upper Chesapeake Bay, Inc. Main thrust of this group is to implement more significant nutrition education programs. Also serving are officers from the Maryland Board of Education, Dept. of Health and Mental Hygiene...Sonja Hillgren, who replaced Bernie Brenner when he retired from the United Press International desk at the U.S. Department of Agriculture in Washington, has returned from her golf-holiday in Scotland.....Mid-Atlantic Conference for the American Women in Radio and Television set for Oct. 27-29 in Washington, D.C.....National Board meeting for the National Federation of Press Women to be held in Billings, Montana, Sept. 28-Oct. 1 following a trip to the Alaskan pipeline...Janie Culos has been promoted to senior-on-air producer at WT (Washington, D.C.).

FREE PUBLICATIONS

While supply lasts, free, single copies of the following booklets are available from the Publications Office, GPA, U.S. Department of Agriculture, Washington, D.C. 20250.*

"Guide to Budgeting for the Family," Home and Garden Bulletin #108
"Food is More than Just Something to Eat," (Nutrition Guide), Home and Garden Bulletin #216

*County Extension Staffers: When ordering publications, use Extension Service Form 91A, "Publications Shipping Order," and follow instructions from your State Publications Distribution Officer.

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